

## **PLANNING FOR NATURAL DISASTERS, PANDEMIC INFLUENZA AND OTHER EMERGENCIES**

Pandemic influenza is a worldwide outbreak of flu that occurs when a new type of influenza virus appears. People have not been exposed to the virus before and have no immunity to it. Many people may be too ill to work during a pandemic and services may be disrupted. Healthcare facilities may be overwhelmed. Schools, banks, and stores may not be able to provide normal service because their staff is out sick.

***The effects of a pandemic or a natural disaster can be lessened if you prepare ahead of time.***

Everyone should plan for emergencies such as a pandemic, hurricane, or blizzard. Would you have food and water if you were sick at home for a week? How will you get in touch with members of your family if local phone service is out? In the event of an extended power failure how will you get the information you need? Would you know when to go to an emergency shelter?

### **Planning Recommendations:**

- Store two weeks of non-perishable food.
- Select foods that do not require much preparation or cooking.
- Store two weeks of water, one gallon per person per day.
- Rotate your supplies (use what is stored, replace it with fresh) every six months.
- Plan how you will contact family members.
- Store medical supplies and prescriptions if possible. Rotate stock.
- Have flashlights with batteries on hand.
- Have a battery powered radio and batteries in your home.

Plan to help your neighbors. If you live near a person who is elderly or disabled, include that person in your emergency plan.

### **Emergency Information**

Do not dial 911 unless you need emergency services. During a weather or public health emergency tune your radio to WORC 1310AM, WTAG 580 AM, or WSRS 96 FM for information. The cable emergency alert system will be activated when specific action is necessary.

#### **1) Write your important phone numbers here:**

	<u>Home/Office/Work Phone</u>	<u>Cell Phone</u>
Family Members:		
Neighbor:		
Doctor:		
Pharmacy:		
Fire Department:	508-841-8522	
Police:	508-841-8577	
Others:		

**2) Create a support group now to help you in the event of an emergency.**

Ask an out of state friend or relative to be your family contact. In an emergency or natural disaster it is often easier to call long distance. Friends and family should agree to call the "family contact" and report where they are. Every family member should know the person to call.

Out-of-state contact Name: \_\_\_\_\_

Phone numbers: \_\_\_\_\_

**3) Tune to local radio stations for emergency information.**

WORC 1310 AM    WTAG 580 FM    WSRS 96 FM

Others: \_\_\_\_\_

Remember information changes quickly during emergencies.

It is best to plan in advance. These websites provide useful information and good advice. Check them out now, before an emergency strikes.

<http://www.shrewsbury-ma.gov/SEMA>

<http://www.pandemicflu.gov>

<http://www.cdc.gov/flu>

<http://www.72hours.org>